



HAPPY FATHERS DAY

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FOOTSTEPS

"Walk a little slower Daddy,"
said a child so small,
"I'm following in your footsteps,
and I don't want to fall."

Sometimes your steps are very fast,
Sometimes they're hard to see,
So walk a little slower, Daddy,
For you are leading me.

Someday when I am all grown up,
You're what I want to be,
Then I will have a little child
Who will want to follow me.

And I would want to lead just right,
And know that I was true,
So walk a little slower, Daddy,
For I must follow you."

It is easier to
build up a child
than it is to repair
an adult.



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How Strangulation Affects the Brain

Six things to know about healing after a traumatic brain injury

April 08, 2016 By domesticshelters.org

Most people would associate traumatic brain injury (TBI) with violent accidents, strokes or even concussions from sports. But a TBI caused by strangulation in violent relationships probably never crossed your mind, even though it may be the leading cause of TBI when coupled with being hit in the head or severely shaken by abusive intimate partners.

Hirsch Handmaker, MD, chairman and chief executive officer of The CACTIS Foundation, an institution focused on advancing the diagnosis, treatment and prevention of TBI, estimates that as many as 20 million people could be suffering from TBI in the US, a figure that is 12 times greater than any published incidence of TBI in the general population.

Why such a large discrepancy? One reason is the two types of TBI: severe and mild. Severe TBI is more easily noticed and measured because it results in impairment of higher level cognitive functions and limited body or mind function. Mild TBI, which strangulation attacks more commonly lead to, may not even show up on an MRI and CAT scan, and symptoms like headaches, difficulty thinking, memory problems, attention deficits, mood swings and frustration can be easily overlooked or misdiagnosed.

Strangulation and TBI

During a strangulation assault, the pressure applied to the neck impedes oxygen transport by preventing blood flow to and from the brain. The trachea can also be restricted, making breathing difficult or impossible. The combination can quickly cause asphyxia and unconsciousness, which can lead to brain injury even without loss of consciousness or those lasting mere seconds. *(cont'd on page 3)*

How you can help...

- **Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)
- ** Tell others about us **Subscribe to our monthly newsletter
- **Monetary donations are accepted: PO Box 335, Engelhard, NC 27824
- **Become a volunteer **Ask about presentations for your civic group or business

Hyde County Hotline

24 Hour Crisis Line 252-925-2500

Want to learn more about being a
Hyde County Hotline Crisis Line or
Shelter Volunteer?

Let us know. 252-925-2502

OUR MISSION:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community.

We promote dignity, respect and safety at home resulting in safer communities.



DOMESTIC VIOLENCE HOMICIDES IN NC
from January 1 – June 3, 2016

23 Murders

www.nccadv.org

We're on the Web!

Visit us at:

www.hydecounthotline.org



How Strangulation Affects the Brain *(cont'd from page 2)*

Six things to know about healing after a traumatic brain injury

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(cont'd from page 2)

Victims of multiple strangulation attacks or longer durations of unconsciousness are at greater risk of TBI. The New York State Office for the Prevention of Domestic Violence says side effects associated with TBI can include: Cognitive difficulties, such as decreased ability to concentrate, pay attention and solve problems, Communication difficulties, Difficulty with executive functioning, such as making decisions, considering long-term consequences, taking initiative, feeling motivated, starting and finishing actions and impulsiveness, Changes in behavior, personality or temperament, such as irritability, difficulty tolerating frustration, and emotional expression that doesn't fit the situation, Physical effects, such as vision problems, insomnia, loss of coordination and seizures

These problems take on a doubling effect because they also make coping with violence or escaping it all the more difficult, and can make it harder for survivors to make their case to a judge or a police officer. They can even be used against survivors in custody disputes.

Recovering from Mild TBI

Being diagnosed with TBI is an important step in the recovery process because it helps explain the cognitive issues that a person has been experiencing and opens the door to education and treatment. The Brain Injury Association of America offers these healing guidelines:

1. **The recovery is not always quick.** There can be wide, individual variations in the timeframe for recovery. It can take several weeks or several months for symptoms to fully resolve.
2. **Recovery is often uneven.** There will be "good days" and "bad days." This is normal in recovering from a brain injury. On the good days, people want to get as much done as they can. Often, this can lead to overdoing it, which can bring back symptoms that were previously gone.
3. **Create the best possible environment for recovery.** Substances like caffeine, alcohol and nicotine can affect a person with a brain injury much more than it did before the injury. Be aware of the possible consequences and consider abstaining.
4. **Give yourself more time to complete things.** Issues like fatigue, attention and memory issues can cause delays in completing tasks that were easily done before the injury. Allowing additional time to do things like laundry, menu planning, shopping and bill paying can help. Thinking out the steps needed to complete tasks and writing them down can be helpful too.
5. **Professional help is important.** It is important to understand the effects of a brain injury. The injury itself can impair the ability of a person to accurately assess their abilities. And once problems are identified, often a person with a mild brain injury struggles with figuring out effective strategies to compensate for problem areas.
6. **Support groups can be helpful.** Brain injury can be isolating. People say things like "you look fine," with the implication that you should be fine. It is an invisible injury. Sometimes talking with others who have experienced similar experiences can help a person with a brain injury understand they are not the only one dealing with these issues. Contact the Brain Injury Association in your state to find out about local support groups.



Volunteers are vital to the organization's overall functioning and success. Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety

at home resulting in safer communities. All proceeds from the thrift stores go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline.

Training Opportunity - Serving Latinos

COMMUNITY PARTNERS AND FRIENDS

On behalf of Hyde County Hotline, Inc., I am pleased to invite key staff from your organization to participate in a special training opportunity aimed at building greater understanding, trust and cooperation with Latinos in our community. Recognizing the significant challenges and opportunities our rapidly shifting demographics bring to domestic violence shelters and social service agencies throughout North Carolina, the Serving Latinos training offers interested agencies (domestic violence shelters, health agencies, schools, law enforcement, etc.) crucial cultural competency training, and best practices for service, education, and outreach to our newest Latino neighbors on issues related to domestic violence prevention and social service.

The *Serving Latinos* training will take place on Thursday, June 16th from 10am – 3pm at the Hyde County Government Center.

This free, multi-media, interactive training is funded by the North Carolina Council for Women, and is provided by FaithAction International House, a nonprofit located in downtown Greensboro, North Carolina. FaithAction serves thousands of new immigrants each year, while educating and connecting our diverse community across lines of culture and faith – turning strangers into neighbors! You can learn more about their work at www.faithaction.org.

The training includes:

- Immigration 101: Myth vs. Fact
- Understanding Latino Culture and Building Trust and Cooperation with DV victims and advocates
- *Between Worlds: Immigrants and Domestic Violence* Video Documentary (Lunch)
- Best Practices for DV Prevention Outreach and Education with Latinos
- Identifying Local/Regional Resources and Next Steps

*Please note that lunch and snacks will be provided for training participants.

Please email cghydehotline@gmail.com by June 2, 2016 if you are interested in joining us.



Thank you to the Family Violence Prevention Services Program, US DHHS, and NC Council for Women for financial support.



Nothing Compares